

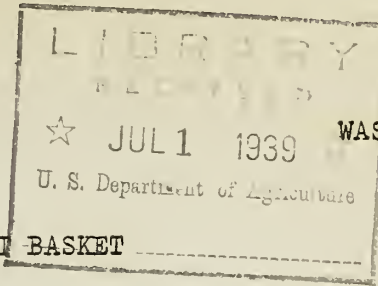
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INFORMATION FOR THE PRESS

United States Department of Agriculture

RELEASE FOR PUBLICATION :
JULY 5, 1939



THE MARKET BASKET

by
Bureau of Home Economics, U. S. Department of Agriculture

PLENTY OF "PIE" CHERRIES THIS SEASON

If she can "make a cherry pie" -- this June's bride is having an opportunity to show her skill. For the cherry crop of 1939 probably will go down on record as the largest to date. And chief reason for this record crop, according to estimates of the United States Department of Agriculture, is the big increase of cherries in the states that grow principally sour or "pie" varieties.

All cultivated cherries belong either to the sweet or to the sour branch of the family. In this country, sour cherries are sometimes called "eastern". Most of the commercial crop cherries are produced in five eastern states that border the Great Lakes. Similarly, sweet cherries are "western", because practically all those grown commercially come from seven states west of the Rocky Mountains.

In home orchards, however, cherry trees are more widely distributed over the country. Sweet cherries grow in comparatively few localities, but there are sour cherry trees in every state in the Union.

Marks of quality to look for when selecting cherries are about the same -- whether the fruit is sweet or sour -- home grown or bought at the market. Good cherries have a bright, fresh appearance. They are plump and juicy, but fairly firm. They are well-colored -- red, black, or yellow blushed with red, depending on their variety.



Cherries that have been picked before maturity are not juicy and may be shriveled and very sour. They usually are hard, have poor color, and are smaller than ripe cherries in the same container.

Equally objectionable are cherries that are overripe or very soft. These are fairly easy to detect because they often are so leaky that they stain the container a warning red. Also it is good policy to keep a watchful eye open for cherries with broken skins, those with surface discolorations, and those that obviously have been bruised or injured by rough handling.

Most persons who eat cherries appreciate them first of all because of their pleasing flavor. Meal-planners value them, in addition, because of their color and general attractiveness. But nutritionists name them good to eat for the vitamin C they contribute. Cherries rate as a good source of this vitamin, which is needed every day in the diet.

Getting sweet cherries ready to eat is one of the simplest of kitchen procedures. Since Nature has completed the job of making them a perfect dessert to eat fresh out of hand -- they need only be washed, arranged, and sometimes pitted. Left on their stems, they make a colorful garnish for salads, fruit cups -- a slice of honeydew melon. Pitted, they mix well with other fruits and are good in gelatin dishes.

Sour cherries, on the other hand, are more often served cooked -- mostly in pies, as sauce, or in preserves. The lion's share of the crop is predestined to go into pie -- made up during cherry season -- or later from the canned or frozen fruit.

One way to make a cherry pie that has a crisp under crust is to bake a pastry shell ahead of time -- then to pour into this the hot, partially cooked, slightly thickened fruit filling. About four cups of pitted cherries are enough for one pie. Add sugar to taste, two tablespoons of butter, and a little salt.



Use only enough thickener in the cherries to keep the juice from running too much. Cornstarch thickens clearly and is often used when cherries are cooked before they are put in the crust. This should be mixed with cherry juice or a little water, and cooked thoroughly before it is combined with the cherries and the sugar.

Tapioca and flour also are used to thicken cherry pies. Cooks have different ways of adding these. But probably the simplest way is to mix the flour or tapioca with the cherries and sugar at the very beginning. No matter which thickening is used it is best to be conservative. One of the best things about a cherry pie is its rich juice.

Those who would rather not hide the bright color of cherries under a solid upper crust often lay strips of dough, lattice fashion across the cherries. Or they make small open-face pies or tarts. Shells for these may be made ahead of time -- then combined with cherry filling.

Cherry sauce made from sweetened, cooked cherries sets a distinguishing mark on blanc mange, rice, and other bland puddings. It's good served over ice cream, over plain cake, or over biscuits for a shortcake.

Among the other innumerable ways of making use of sour cherries are -- gelatin dishes, fruit dumplings, frozen desserts.

Cherries are one of the foods easy to can at home. They may be canned pitted or unpitted. Most satisfactory way to process cherries at home is in a boiling water bath. For like most fruits cherries are acid, and in them forms of bacteria are killed in a reasonable length of time at the temperature of boiling water.

Pickled cherries made from pitted large, red sour fruit will be especially welcome later on to give a fillip of color and flavor to wintertime meals. And cherries are one of the best of the fruits for making preserves -- because they hold their shape and color well during the process.

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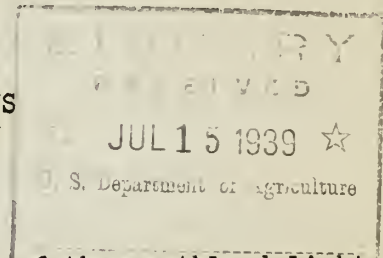
WASHINGTON, D. C.

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

PLENTY OF LIMES AND LEMONS
FOR SUMMER "ADE" SEASON



Lemonade, according to an English poet, is one of the earthly delights that Persians would like to find duplicated in heaven. From the American point of view, lemonade is also generally considered one of the better things of this life -- especially on sweltering summer days.

Along about the time that "heat versus humidity" becomes the great American topic of conversation, demand for lemons and limes -- the two most popular of the "ade" fruits -- is at its height. Lemons are available the year round -- for drinks as well as numerous other uses. The season for limes grown in this country usually opens early in April, ends along in December.

This summer, supplies of limes and lemons should be plentiful -- according to estimates of the United States Department of Agriculture. The lemon crop, which started coming to market last November, is the largest since the 1934-35 crop, and very nearly the largest on record. The lime crop doubtless will top those of previous years.

The history of both these acid citrus fruits reads like a romantic travelogue. Limes and lemons first grew in the Orient -- spread westward by way of the trade routes -- put in an appearance in Europe in the fifteenth century. Shortly

after that, Spanish adventurers brought them to the New World. Ports of call along the way from the Orient to America have been such story-book places as Sicily, Yucatan, and Tahiti.

But though lemons and limes have practically circled the globe, they have ventured neither far to the north nor to the south. Like other citrus fruits, they can be grown successfully only where the climate is subtropical.

Lime-producing center of the nation is in Florida. Two main varieties are grown here -- the Tahiti or Persian lime, and the smaller Key lime.

It's been during the past 4 or 5 years that considerable quantities of Persian limes have come into production. These are about the size of a lemon and have slightly less acid than Key limes. They are seedless. Because they are picked when they are green in color they are often referred to as "green limes."

Key limes are higher in acid than the other citrus fruits. They are small-- from about 1 to 1 1/2 inches in diameter. Usually the fruit is picked just as it is turning yellow. Most of these limes are grown at the southern-most tip of the country--on the Florida Keys. It is from these small islands that they get their popular name.

Shopping tips for limes are few. Ordinarily good limes are heavy for their size. That indicates good juice content. Decay may appear as a mold or as a soft discolored place on the stem end. Brown discolorations of the skin may or may not affect the fruit inside.

Just as Florida supplies the nation with limes, nearly all the lemons for the country are produced in California. All told, very many more lemons than limes are grown each year. According to the latest figures, the lemon crop evenly distributed would supply each person in the United States with over 20 a year.

Lemons that have a fine-textured skin and are heavy for their size are generally of better quality than coarse-skinned, light-weight fruit. Decay, as in

limes, appears as a mold or as a soft discolored spot at the stem end. Lemons to avoid are those that are soft or spongy to the touch.

One of the promising newcomers in the citrus family is the Perrine lemon -- a lemon-lime hybrid developed by plant breeders in the Federal Bureau of Plant Industry to meet the need for a lemon that could be grown successfully in Florida. This lemon-lime, since its introduction in 1931 has come to be regarded as a new variety of lemon. It closely resembles the lemon in appearance, and has a lemon-like flavor. Its lime heritage shows up mostly in the pale greenish yellow of the pulp.

Even before vitamins were singled out by food scientists it was known that lemons and limes had a certain something needed in the diet. Sailors took along supplies of lemon and lime juice on long voyages -- to prevent the dread disease of scurvy. Today, this "something" has been identified as vitamin C or ascorbid acid. As a source of it, lemon juice ranks along with orange and grapefruit juices in the excellent class. Lime juice usually is considerably lower in vitamin C value.

Besides giving flavor to cooling liquid refreshments -- lemons and limes have countless other uses in cooking. Both are good in sherbets and ices -- in sauces to serve over cakes or puddings -- and in pies. To make the most of the fresh flavor of the lemon, add the juice and grated rind to the filling of a pie at the end of the cooking -- along with the butter. Beat and pour into a baked pie crust. Or serve it as a pudding -- if the weather's too hot to bother about making pastry.

Lemon juice mixed with melted butter and parsley makes a simple sauce to serve with fish--or over cooked carrots. Squeezed over prunes, bananas, a slice of honeydew--lemon juice tones up the natural good flavor. Added to the whites of eggs in an omelet after beating is well along, 1/2 teaspoon of juice will help to hold up the "fluff." In making jelly from fruits high in pectin, low in acid, one tablespoon lemon juice added to a cup of fruit juice will usually furnish enough acidity to help the jelly "jell".

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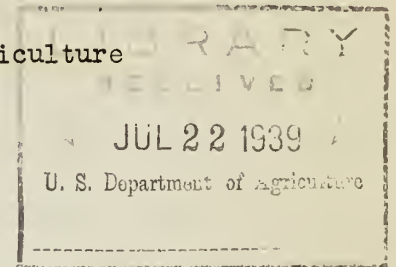
WASHINGTON, D. C.

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

SCIENTISTS AND LAW MAKERS WORK TO IMPROVE ICE CREAM



To many a child and grownup there's no more beautiful music these torrid days than the tinkle of the ice cream peddler's bell -- the whirl of the family freezer -- or the crackle of a cone as the soda boy pushes into it a generous dipperful of frozen dessert. For in a dish or cone -- on a stick or in other novel form -- this food that literally melts in the mouth has come to be a national favorite.

According to one version, ice cream made its debut socially in the United States when First Lady of the Land Dolly Madison served it at a White House reception shortly before the War of 1812. In those days, of course, this new food delicacy was definitely in the luxury class.

Today, with modern refrigerators and family-sized freezers, it's not at all difficult to make good homemade ice cream. And wholesale production of ice cream, which began in Baltimore less than a century ago, is now a 282 million dollar a year industry. Demand for this factory-made ice cream has grown tremendously in the past two decades. Twenty years ago Americans bought about a quart and a third of ice cream per person a year. Last year, they bought nearly 8 1/2 quarts per person.

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And while ice cream production has pyramided, it has also expanded in other ways. The many different varieties and qualities for sale today probably would astound pioneer Dolly Madison. In fact, some of these differences are so great they even confuse present-day consumers.

Most confusing differences of all are those in quality. The name ice cream is applied indiscriminately--to mixtures that are over 14 percent butterfat and to those with much less of it; to mixtures high in other milk solids and to those low in these milk solids. Some "ice cream" is well over half air, although 50 percent of air is the most that experts consider desirable to whip into an ice cream mix.

Of some protection to consumers are the State standards for plain and for fruit and nut ice cream. These vary perplexingly from State to State, however. For instance, minimum requirements for the amount of butterfat in plain ice cream ranges from 8 to 14 percent. Only about half the States have a minimum for the amount of other food solids that must be included. And but a handful limit the amount of air that can be beaten into ice cream.

At present, there is no federal standard for ice cream. Probably early this fall, though, the Federal Food and Drug Administration will get machinery in motion for setting up a standard for ice cream that enters into interstate commerce.

The reason there has never been such a federal standard is, that until Congress passed the Food, Drug, and Cosmetic Act of 1938, no agency had the power to set up a food standard with any legal force. Under the new law, the Secretary of Agriculture is given the power to establish reasonable standards of identity, quality, and fill of container for nearly every food under its common name.

Protections to the health of the consumer of "boughten" ice cream are the various State laws that control sanitary conditions in food factories. Recently, as an added safeguard, many state legislatures have enacted special "ice cream laws" -- setting up definite regulations for the handling of frozen desserts.

Many States make it compulsory for a food handler in an ice cream factory to pass a physical examination. But late as January, 1938, only 12 had set a maximum count for the number of bacteria that ice cream could actually have in it. Health and pocketbook of ice cream consumers in cities are often further protected by municipal regulations.

However, all improvements in ice cream are not coming about because of legislation. Much credit for today's good frozen desserts should go to the scientists who are finding better ways of mixing and freezing.

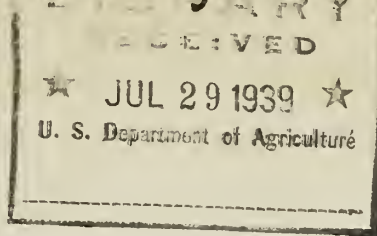
Research workers in the Federal Bureau of Dairy Industry constantly carry on experiments aimed to help the ice cream manufacturer please the consumer. In their laboratories in Washington, D. C., there is the latest in continuous stainless steel ice cream freezers and other modern ice-plant equipment. Here experts mix up batches of experimental ice cream -- test them scientifically.

In other laboratories of the Department of Agriculture workers are experimenting with the use of frozen fruit pulp in ice cream. Purpose of the experiment is to find new uses for fruit that is wholesome, but too soft and ripe to be used in the customary ways. When frozen as a pulp the strong-flavored fruits such as strawberries and peaches -- apricots and nectarines -- pears and boysenberries -- have been found to make suitable flavoring for ice creams and sherbets. Ice cream flavored with the real fruit not only has a good natural fruit flavor, but it also has the added food value of the fruit.

As any hostess knows -- fruit and ice cream make a winning dessert combination. Popular with guests is the "make your own sundae" way of serving. On a table or tray arrange several different sauces. One assortment might be strawberry, peach, chocolate, or caramel. Some chopped nuts and maraschino cherries may also be on the tray. Then pass dishes of plain ice cream to the guests and let them concoct their own dessert.

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United States Department of Agriculture



WASHINGTON, D. C.

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THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

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MODERATE HEAT MOST OF THE TIME ---
RULE FOR ALL POULTRY COOKING

This week and next, poultry men the world over will be following first hand or in the news the doings of the Seventh World's Poultry Congress, which for the first time is meeting in the United States. Representatives from over 60 countries will attend this triennial world's fair of poultry progress, and research will be reported in four languages.

Homemakers who keep an ear to the ground also will watch with interest news of the things that come to light at this Congress. For today's experiment may be the first step toward tomorrow's tastier omelet. Breeding programs carried on now may mean better fried chicken later on --- or the streamlined turkey of the future.

But no matter how much poultry products may be improved, the cook always will have the same responsibility toward them. She it is who transforms them in the kitchen to the family's favorite dishes.

Whether or not poultry meets with a happy ending depends somewhat on the cook's imagination --- her gift for adding the kind and amount of seasoning that appeals. But mostly, it is a matter of applying scientific cooking methods worked out by experiment and experience.

THE UNIVERSITY OF CHICAGO

DEPARTMENT OF CHEMISTRY

REPORT OF THE

COMMISSIONER OF THE

UNIVERSITY OF CHICAGO

FOR THE YEAR 1900

CHICAGO, ILL., 1901

Although there are no blanket instructions that apply to all poultry cooking, there are a few fundamentals. One point to bear in mind is that poultry, like all meat, is a protein food and must be treated accordingly. High temperatures for long periods of time shrink and toughen proteins. Therefore, in cooking, have the heat moderate most of the time.

Another sound maxim is "adapt the way of cooking to the age of the bird." A plump old hen never could compete with spring chicken in the frying pan. But in its own field -- stewed with noodles, for instance, or braised or steamed -- it's topnotch food.

The best ways to cook young chickens -- turkeys -- geese -- guineas -- ducks -- squabs, are broiling, frying or roasting. These three methods of cooking have two things in common. In none of them need any water be added. In all three the lid may be left off the pan. By adding no water, no extra steam is formed to force out the juices of the meat. By leaving the lid off the pan, any steam that is formed from water present in the bird itself may escape.

There should be plenty of well-flavored fat on hand when there are young birds to cook. For the meat of young birds, except ducks and geese, is likely to be lean, and it may dry out more if fat isn't added in cooking.

When broiling chickens, for example, coat the pieces with melted fat first, then sprinkle with salt and pepper. And baste the chicken frequently with pan drippings or other melted fat as it broils. Then as the chicken is served hot off the grid, pour the pan drippings over it to blend with the rich juice in the meat itself.

Many a good manager makes a virtue of necessity when she cooks an older bird. She cooks a fowl long and slowly. As carefully as she keeps from steaming a young roasting bird, for an older bird she puts a lid on the kettle to keep the steam in -- adds water to make more. Steam helps to soften tough connective

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tissues. Though more of the juices and good chicken flavor escape from the meat this way, none are lost. For the broth makes that good chicken gravy -- always a feature of a stewed chicken dish.

It is best not to disjoint the fowl for stewing or steaming. Instead, place it whole on a rack in a kettle. To stew, fill the kettle half full of water, partly cover the pan, and keep the water simmering. For steaming, let the water come only up to the rack, but keep it boiling, and add more as it boils away.

In either case, let the bird cool -- breast down -- in its own broth. See to it that this cooling is done in a cold place. Warm broth spoils easily -- especially in the summertime.

With the meat cool and cut off the bones in uniform pieces, the cook has the start of many good dishes. For those who like it hot -- there are chicken shortcakes made by filling hot biscuits with savory creamed chicken. Or there is curried chicken topping flaky boiled rice -- or chicken and spaghetti scallop -- topped with buttered crumbs and browned in the oven.

Served cold, meat cut off the bones is good as jellied chicken aspic. And on hot summer days, salad made with diced chicken, hard-cooked eggs, and crisp celery will come back for encores. Since both these dishes also spoil easily in the summertime, it's good policy to play safe by cooking the chicken only a short time before it's to be mixed with other ingredients. Keep both the aspic and chicken salad cold -- and serve them soon after they are made.

